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## March for Meals This National Nutrition Month

The month of March mobilizes hundreds of local Meals on Wheels programs across the country to reach out to their communities and build the support that will enable them to serve America's seniors all year long.

The 18th annual March for Meals campaign gives the businesses, organizations, governments and volunteers who contribute so generously

in their communities an opportunity to support homebound seniors in a variety of ways to make America stronger and healthier.

During March, which is also National Nutrition Month, learn how you can support Meals on Wheels of Northeast Ohio and ensure that no senior is left hungry and alone.

## Get to Know Meals on Wheels of Northeast Ohio



## Things to Do Around Your House to Promote Independence

Living independently is important to almost 90% of people age 65 and older. Here are some tips for you and your loved ones to stay healthy and happy at home.

[Get Tips](#)



## Tickets & Sponsorships for SOAR Awards Now Available

Each year, VANTAGE Aging recognizes the people, organizations, and places that promote positive aging throughout Ohio. We're inviting you to join us at this unique celebration at our first breakfast event on May 4th!

[View Tickets and Sponsorships](#)

# All About Nutrition

**#FromTheBlog:** [Meals on Wheels Really Does Change Lives \(Here's How\)](#)

**SNAP Food Assistance Benefits:** [Rules for Seniors and People with Disabilities](#)

**VANTAGE Aging took home the Healthy Worksite Award!** The Health Action Council provides awards to companies who create and maintain a healthy worksite based on the CDC Workplace Wellness Scorecard.



# Volunteerism

**Community Partner Spotlight:** [Featuring the Medina Personal Care Pantry, a partner of The Retired and Senior Volunteer Program](#)

**RSVP Volunteer Recognition Luncheon:** [Ticket & reservation information](#) for April 7th. Sponsorships are available.

## More News, Tips & Info

**#FromTheBlog:** [5 Skills to Build When Re-entering the Workforce](#)

### **Behavioral Health Programs Must Work Together to Serve**

**Seniors:** VANTAGE's Behavioral Health Solutions program and The Blick Center have partnered. [Here's what you need to know.](#)

**House Cleaning Services - No Age Restrictions:** Did you know that VANTAGE provides [house cleaning and move-out services](#) in Summit, Stark, Wayne, and Portage Counties? Learn how using our services helps more seniors in need.

### VANTAGE Aging

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